PHYSICAL CULTURE.

FANNIE POGAR THOMAS GIVES SOME PRACTICAL HINTS TO WOMEN.

It Is the Trained Complexity of Motion That Makes Grace-All Women Should Set Aside a Portion of Each Day to the



train ourselves into grace."

more utterly false than these. The many unfortunate surprises from mirror and photograph camera ought to prove that to any intelligent person. Thought may imagine a position of great dignity and elegance. The reflection discloses one, of extreme awkwardness that is frequently ludicrous. While thought must inderlie all grace, it is not able to speak, . through stiff, untrained muscles.

Some people are born with natural grace and need little or no suggestion in this regard. With some a little thought and effort works marked improvement, while others, in order to attain any sort of satisfactory symmetry, must go into a regular course of training for development. Any one who would develop all her latent charm must pass through more or less of this. Pleasing expression of the body is,

similar to harmony on a carefully tuned piano. When one portion of the body s keyed too high- and another too low the result must be discord to the oilserver. This discord is awkwardness. Proportional tension or laxity of the body produces its music, which is grace!

ble clumsiness of ignorance, the lissom indolent grace of the skilled muscle and the great crowded middle land of effort without training, showing stiff, awkward angularity, self consciousness and nervousness, as displeasing to the eye as uncomfortable to the owner. 'Were thought upon the subject all

that were necessary, one lecture, with be sufficient to produce an audience of absolutely graceful women, but .unfortunately muscle must be made obedient to brain before it can fitly represent it. By nature large minded, independent, fied, American women as a class utterly

posed to be expressive; incessant jerk- better wives and mothers. ousness born of the desire to please.

scious affectation-the most displeasing and fight their way.

an's manner is marked by an exaggerated repose; the Frenchwoman's by a crystallization of surprises; that of the Italian and Spanish by an indolent luxury of line and motion-the music of

It is not the simplicity of it, but the voy extraordinary and minister plenipotrained complexity of motion, that makes grace. In the bow of a Salvini there are a score of motions, yet to look upon it is the most simple and natural thing in

Few pretty women get half the value of their figures on account of the stiff ungracefulness of the muscles. Untrained muscles do not grow beautifully wild, like children and flowers, but stiff and ungainly, without adaptability or

The hand of a professional planist, trained to habits of obedience to the brain, even in repose is speaking-full of expression. Compare it with that of the day laborer. Most of our bodies compare with the latter.

The first thing to do with the body is to "limber it up," to make the muscles to make the different portions of the body individual or distinct from each

make it straight, round and flexible. FANNIE EDGAR THOMAS.

lished a high school for girls.

THE WOMAN'S YEAR.

The year waits in the eky. Thine hour has come to die. The noise of bells goes sweeping past

The whole world wakes to hear. Oh, bells, is past the old at last? Is dawn we wait for near? Oh, womanhood (the bells reply),

Lift up thine eyes and sec; Look through the night and see! The shadows die, the light is nigh And full day waiteth thee

Lights all the gleaming shore-Lights moungain, plain and shore. Take up thy crown - the cause is won; Thy long watchnight is o'er. RHETA LOUISE CHILDE.

An Farnest Woman Editor. Mrs. Harvot Holt Cahoon, editor of the woman's page of the New York Reful, but we hate affects- corder, has come to the top in journaltion," they say. "What is ism in a most unprecedented manner. natural and easy must be graceful. We. Her literary career commenced in the become conscious, stiff and stilted once Chicago Herald, and in America, the we meddle with nature and attempt to weekly journal of Chicago, her articles appeared side by side with those of Joe



ettes have been translated into French and appeared in the Pacisian journals. to me I promise to see faithfully turned Linseed Oil, Il her writings there is discernible a over for her use. Address Eliza Archard as a stanch advocate for women. An earnest lover of home, her Sanday evenings, when she receives her friends, are time for women to go into law and goscrowded with welcome guests, children pel. and elderly people being conspicuous in the number. "My first duty," she said, "lies in my home, and it is here I find

Women Travelers. are becoming, and how many of them of artificial violets in her buttonhol enthusiastic, honest, sensible and digni- travel alone. No longer do they need a her hair curled all over her head in a misrepresent themselves to foreigners themselves if need bc. Railway con- iron, and wearing little toothpick pointby untrained gaucheries of personal ex- ductors say they travel about almost as ed, peg heeled shoes, so tight that she Observe in the next company of which must admit that this is making the sex that that girl will never be a successful you are a member the hunching of shoul | more independent and self assertive than | business woman. ders to ears, chests hollowed into fur- our grandparents would have dreamed rows, contracted brows, turned in toes. possible. It is not so certain, however, lively lecture before the Brooklyn Philspasmodic contortions of the face, sup- that its members will therefore make osophical association on "Woman

F-C. M. W.

ings of hands, arms and head; stiffening In her enlarged sphere woman has in Republican, but she says when she conof limb joints into supposed graceful po some instances become a shrewd dealer siders what man's "protection" has done sitions-all outward incongruities due and capable of driving a sharp bargain for women it is almost enough to make to neglect of the laws of grace; bad with the best of men. Yet what will a free trader of her. habits of sitting, riding, walking, which this sharp practice culminate in, transdistort or leave unaccented the shapely mitted to a son or daughter? Should life of corsage, sleeve or limb, and one be considered an alarmist, who which are chiefly the result of a nerv- would look forward to the penitentiary for the young man by whom this feel-Skilled grace is always easy and com ing is inherited, and in whom it has fortable. It makes a Bernhardt, a Sal- been cultivated through several generavini, a Lotta. Looking upon it each tions? In the present age, and with our one imagines it easily attainable-till present environments, it is a painful one tries! Unskilled motion is painful necessity for many of our girls and awkwardness. Half trained skill is con- young women to struggle with the world

The stumbling block in the way of knocks. Each one must take the place improvement to many Americans is of some man or be pushed aside found in their impetuous haste to show by him. When such girls become off, to rush into observation with half shrewd financiers, driving hard barbaked skill, as far from naturalness as gains for a dollar or a dime, every one from grace. Observers, disgusted, have recognizes that it is-necessity. But if been led to exclaim: "All this Delsar- this capacity for making close bargains tean work is affectation. I will have is to become a national characteristic of our girls and women, one of the sex's In her ideas of grace the English wom- greatest charms will have disappeared.

> A Crescent City Beauty. plished of the many belles of New Or- gree of master of arts. leans is Miss Helen Pitkin, daughter of Hon. J. R. G. Pitkin, United States en-



other, to make all subservient to the dic- tentiary to the Argentine Republic. tates of the brain, and to make this Miss Pitkin is a decided blond. She is obedience spontaneous and unconscious stately, dignified and particularly grace elected road overseer in Clay county, ful. Besides conversing fluently in Kan. If she is one of the many women Even a "busy woman" should devote French, Italian and Spanish, Miss Pitkin who are kept closely at home on the at least fifteen or twenty minutes twice performs beautifully upon several mua day to the training of her form to sical instruments. She is also not unknown to fame as a writer, her contributions having graced the pages of several prominent magazines. Miss Pitkin has dabbled in amateur theatricals, and Iceland, thawing and melting the big several comediettas which she has writicebergs on its way. Iceland has estab- ten have received favorable mention

DAY BROS.

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899 Broad Street, Newark.

The snow wreaths sparkle in the grass; The night waits in the sky: Turn, Time, thy glass, and thou, year, pass;

And wakes the world to heap-

Vhat time thou lookest lo' the dawn



When men go to dressmaking it is

I have heard of a society woman who studied law in order to make herself more brilliant and accomplished in constrength to enable me successfully to versation. It is better to know someillustrations from everyday life, would found my work and will follow it." than not to know anything at all.

WOMAN'S WORLD IN PARAGRAPHS

Virginia Penny, to Whom All Women

Forty years ago the occupations open

Owe a Deht.

to women were three-housework, sew-

ing and teaching. They did not do

much at teaching except in primary

schools. About this time Virginia

Penny, a gentlewoman born and bred,

became interested in the industrial ad-

vancement of her sex. She became

convinced that the glorious world of

achievement held a future for ambitious

girls as well as boys. She believed that

the time had come for opening to wom-

en new avenues of self support. With

this belief came the resolve that she

herself would do what she could to-

ward opening these new paths. Then

she threw herself into the task with all

the enthusiasm of a gifted woman. At

her own expense she traveled throughout

the Union, visiting factories, schools and

commercial establishments. There were

not many railroads in the country then,

When I see a girl stenographer going to her work about half past 9 in the It is remarkable what travelers women | morning, wearing white gloves, a bunch protector-they can assume the role way that indicates an hour's use of a hot freely as drummers do, and everybody carnot walk at all-only totter-I know

Mrs. Emma Beckwith lately gave a Politics." Mrs. Beckwith is a strict The Roman Catholic college of St.

Francis Xavier, in New York city, has made what really seems to me the most advanced step on the woman question that church has yet taken. This is nothing less than admitting women to its free post graduate course in moral philosophy. Father Hałpin, vice president of the college and lecturer on moral philosophy, was the first to give his assent to the petition that women might attend. "I have no personal objection, he said. "It only lacks precedent." Archbishop Corrigan was consulted. He laid the matter before the superior of the Jesuit order and in due time sent an antegraph letter to the brave young woman who had applied to him informing her that her request had been grant-ed. A graduate of the Harvard annex is among the ladies availing themselves of this opportunity to obtain instruction from the accomplished scholar who lectures on moral philosophy. Bachelors of arts who take the course and pass

A girl sometimes fancies she is dying of a broken heart when it is simply case of anæmia. Girls with plenty of rich red blood never die of a broken heart. When we fancy ourselves passing through a profound emotional expedence of any kind it is a good plan al- Parlor Suits. ways to ascertain whether we are not

The voting women of Boston are not alling off in numbers as much as they vere. This year 10,000 of them registered, a gain of almost 4,000 over last

I always like to recall an extract from Mrs. Potter Palmer's strong and graceful little speech at the Columbian celebration in (hicago: "Even more important that, the discovery of Columbus is the fact that the general government has just discovered women. It has sent out a flash light from its heights so inby a return signal when the exposition is opened. What will be its next mes-

It is reported that a woman has been farm for six months of the year because of almost impassable roads, she will make good use of the opportunities afforded by her office. - Woman's Journal. It is better to teach a woman how to earn money enough to buy a new dress than to tell her how to make over an old ELIZA ARCHARD CONNER.

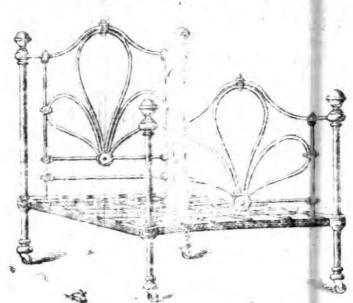
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25 Parlor Suits, mahogany finished frames, in plush coverings, regular price \$40 Reduced to \$27.50 back here. She was bound to come back 25 Parlor Suits, mahogany finished frames, in rug coverings; regular price \$50 Reduced to \$42.50 dark. Then she made a bolt fur it and Brick Mince Mert, 5 lb. pails

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25 Pieces Tapestry Brussels Carpet, regular 25 Pieces of Body Brussels Carpet, regular

25 Pieces of All Wool Ingrain Carpet, regular

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PITIFUL TALE OF AN EMIGRANT FAMILY THAT PERISHED

The Terrible Blizzard of 1881 Had for Some of Its Victims a Whole Family-Which Proze to Death in Dead Man's Cove-Heroic Efforts of a Mother.

"That's Dead Man's cove right before your eyes," said the old man as he pointed to a recess of half an acre in extent in the southern face of the Little Rocky mountains. "That's Dead Man's cove, and you kin see the iron work of the wagon lyin about when ye git closer. When I first looked in here thar was five human bodies lying dead in the wagon. Me an my pard we dog a bi grave and buried 'em all together back agin that cliff, thar whar the rooks is We piled the rocks that was so the wolves couldn't git at the dead."
"But there is no headleard."

names," I protested as I rode close the spot pointed out. "Couldn't be no names, 'cause we couldn't fad any," he replied, "and them rocks is a gravestun as will last forever.

We'll git off and sit down fur a smoke, and I'll gin ye the full particklers. I've passed here a hundred times in the last three years, and it allns gives me the neartachel Poor husband-poor wife-

"It was this way," he continued after his pipe was alight. "Me and pard had our shanty down the valley about a mile. Plenty of emigrants in the'r kivered wagons used to come by this trail and turn south into Wyomin, or keep west into Llaho. They'd come five or six families at a time, and they'd come singly. Some of 'em would take sich chances of Injuns, sickness, landslides. tween the Dakota line and the west

branch of the Missouri river. I've counted a hundred in a day's ride. "Waal, one December mornin me and pard woke up to feel that thar was a olizzard makin ready to bust on us. It had been coolish but pleasant up to that time. We could tell by the feel of things Glass, what was comin, and began to git ready fur it. It was jest after mon when a was an emigrant. Right here in this cove she had left her husband and four children to try and find some help. He

> doctor had told the man he'il get well if they kept on.
> "They had got separated from the party they started with, and had made the last hundred miles alone. They She was a frail, leetle woman, and si

had gone through with nuff to down a man, but she hadn't lost all her plack vit. As soon as she told us the story we got ready to go back with her an bring in the outfit. 'We made a start, but we never got thar.

"The blizzard prevented, eh?"
"She did. She carre swoopin down all of a sudden, like some great bird droppin from the sky. A fine snow begun to fall, the wind started right in to blow a livin gale, and I believe the thermom-eter went from 45 degs, above to 10 degs, below inside of half an hour. We hadn't any with us, but the change was sudden an amazin. You couldn't face that gale to save your life. It jest stopped us and turned us around before we had got fifteen rods from the house. As to the cold, it jest paralyzed you. We had to go back, and arter takin a big drink o' whisky all around and puttin on more

clothes we tried it agin. "Me and Sam was as tough as b'ars zard. When we made the second start we got about bulf way up here, the little Then we had to stop. You couldn't see three foot from your nose, and all of us was freezin to death by inches."

"And you went back?" "We did. The woman was deternined to push on, and we jest had to pick her up and carry her back. It was that we ever reached our cabin agin. We had our ears, noses and fingers friz and an hour arter we got back water friz solid in our cabin within five foot God and appealed to us, but we knowed degs, below zero in this valley that

The woman got nipped wuss than we alone, but we stood her off till about

"And went to her death?" "Jest as sartin as if she had jumped R. & R. Plum Pudding, 1 lb. cans 25c. off that cliff. The blizzard shet us in 2 lb. cans, 45c. 4 lb. cans fur three days. When we got out we found her within twenty rods of the cabin. She had friz to death goin that by that tree. The folks in the wagon Prunes, California Prunes, Peaches, per lb. had crowded together and kivered up | Walnuts, Filberts, Pecans, Soil with all the blankets, but all war stun | Paper Shell Almonds. dead and as hard as rocks. They never saw that fust night come down. "Me and pard overhauled the wagon,

but we couldn't find anythin givin the name of the family, and so, like hundreds of others out in this kentry of mountain and valley, Injun and wolf, we kivered 'em in to sleep till the Lord gits ready to call 'em fur judgment. Seems awful that a hull fam'ly should be wiped out that way, but they ar will be a sleepin thar together, and I guess the Powder. Lord'll know the spot even if thar is no gravestun to mark it."—New York Her-

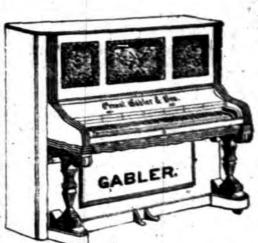
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back long before, but some fool of a TURKEYS TURKEYS

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